



VHA INFO ON WHOLE HEALTH

Whole Health Internet site:

Answers questions about Whole Health principles and provides links to tools, educational videos, and more.

va.gov/wholehealth

#LiveWholeHealth Blog:

Series of videos and web logs that deliver self-care messages from across the VA.

va.gov/wholehealth

START YOUR WHOLE HEALTH JOURNEY

Whole Health Orientation:

Offered virtually, a Whole Health Team member will meet with you to discuss Whole Health and connect you to the Whole Health offering that is best for you, based on your needs and goals.

To schedule orientation,
call 602-277-5551 ext 5802

Introduction to Whole Health:

Open to all Veterans and their support system (spouse, partner, child, caregiver) to learn more about the Whole Health approach to care, the concepts behind Whole Health living, and begin the Whole Health journey.

Monthly, third Thursday, starting July 15.

Discover Your MAP:

Whole Health recognizes you as a whole person and helps support your unique answer to the question: what do I want my health for? What is my Mission, Aspiration or Purpose?

Through facilitated discussions and activities, you are given the tools and support to begin to define your MAP.

Monthly, second Friday, starting August 13.

WELLBEING PROGRAMS

Tai Chi:

A specialized exercise program designed to energize the mind and body through a series of graceful, slow movements that promotes deep breathing and mental focus which reduces stress, strengthens the immune system, improves balance/coordination and relief from pain.

Virtually, every Tuesday | 1:00 - 2:00 pm

Yoga for Wellbeing:

Designed to introduce a yoga experience incorporating seated, standing and floor exercises to promote relaxation, increase flexibility, improve physical strength, enhance focus, and assist with pain management. Relaxation techniques may be integrated and included during this class.

In-person and virtual,
Tuesdays | 9:00 - 10:00 am

My Life, My Story (MLMS):

Giving voice to each Veteran's unique life experience, MLMS honors your military service and connects your story with your VA health care providers, supporting more effective patient-centered care.

CONTINUE YOUR WHOLE HEALTH JOURNEY

Taking Charge of My Life and Health (TCMLH) and Whole Health Coaching:

Explore what matters you to, create goals around your health and wellbeing needs, and create your overarching persona health plan with support. Call 602-277-5551 ext 5802 to schedule an Orientation and learn more about TCMLH and Coaching and which is best for you.

**For information or to sign up for any Whole Health offering,
call 602-277-5551 ext 1281**